



THE HOOSIER VETERAN

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in.gov/dva



Gold Star Spouses Day April 5

Purple Up! for Military Kids April 19

WELCOME!

BY JOE DEVITO

Spring is on the way! As we look forward to warmer weather and sunny days ahead, this month we recognize Gold Star Spouses, military kids, and former POWs. The Air Force and Army Reserve also celebrate birthdays. Check out [Dare2Tri's Injured Military Camp](#) held in June up in Hammond. Be sure to also learn more about how you can support a veteran who may be thinking about suicide on page 3. It's always a good month to visit your County Veteran Service Officer and make sure you are receiving all the benefits and services available to you. IDVA remains committed to making Indiana the best place for all Indiana Veterans to Live, Work and Thrive! We welcome contributions and feedback to outreach@dva.in.gov.

THE HOOSIER
VETERAN
NEWSLETTER

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Find an Event Near You!

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Jill@WHVV.org

VA has support for Veterans thinking of suicide

A few ways families and friends can support a Veteran in crisis

By Natalie Minott

Comms Team for National Center for Healthcare Advancement and Partnerships

Knowing some of the warning signs can help you recognize when to seek assistance for your loved one or friend. Here are a few ways families and friends can support a Veteran in crisis, someone having thoughts of self-harm or thinking about suicide.

Suicide prevention remains VA's number one clinical priority. According to the Centers for Disease Control and Prevention, there were 45,979 suicides in the United States in 2020. Suicide risks affect numerous people in the U.S. but Veterans have substantially higher rates of death by suicide.



Social determinants of health (SDOH)—social, economic, and physical factors in the environments where people live, work, play, worship and age—affect the health and wellbeing of individuals. Positive SDOH—opportunities for physical activity, socialization, employment, and food security—are connected to better health and quality of life for Veterans, which may help reduce the risk of death by suicide.

VA's National Center for Health Care Advancement and Partnerships (HAP) collaborates with organizations to bring the best health care to Veterans, their families, caregivers and survivors. Partnerships such as MAZON: A Jewish Response to Hunger provide social support networks and assist with food and nutrition services to help prevent some of the risks associated with food insecurity, a negative SDOH.

The partnership with Americans for the Arts supports Veterans with arts and humanities programming at local medical centers and community partner facilities. HAP and Salesforce Military have a partnership that gives Veterans access to employment opportunities and professional certification services. They also created a module that helps explain suicide risks for Veterans.

Start the conversation

Sometimes, a conversation can provide the support a Veteran needs to feel cared for and valued in their journey toward healing.

If you notice changes in your loved one's behavior, it may be time to start a conversation about your concerns to let the Veteran know you care and that you're ready to listen.

Let them know you're listening

It may be a huge step for your loved one to speak openly about their feelings. Be encouraging and listen without judgment. Validate their feelings and be receptive to what they say.

Provide helpful resources

- PsychArmor is an essential resource for anyone looking to serve those who have served. They have a comprehensive library of free military culture educational resources, including free courses on suicide prevention.
 - S.A.V.E. (Signs, Ask, Validate, Encourage & Expedite) is a course offered on PsychArmor developed in collaboration with VA that will help you understand the general problem of suicide in the United States, how to identify a Veteran who may be at risk for suicide, and information on what to do if you identify a Veteran at risk.
 - What Is the Crisis Response Plan: An Introductory Course for People Who Support Veterans is another PsychArmor course that gives an overview of the Crisis Response Plan and how it can help Veterans and others who are at risk.
 - Suicide Prevention and the Safe Storage of Firearms: Conversations for Everyone contains critical information about the safe storage of firearms.
- Veterans can get ongoing support through local VA medical centers, Vet Centers, or Veterans Benefits Administration regional offices.
 - VA medical centers: These centers offer a range of services, including services for mental health. Suicide prevention coordinators at each medical center are available to provide counseling and support.
 - Vet Centers: Transitioning back to everyday life can be difficult and coming back home can be a huge adjustment. Vet Centers can help Veterans and their families adjust to life at home after they've returned from serving in a combat zone.
 - VBA: The regional offices in each state can help Veterans access benefits for disability compensation (monthly payments), job training, home loans and more.

- VA offers a network of self-help support for Veterans.
 - Find stories of hope from other Veterans and family members across the country.
 - The Veteran Training portal distributes free tools to help Veterans overcome everyday challenges, such as problem-solving, anger management, parenting and more.
 - VA provides free mobile apps that support mental health and wellness with tools and information to assist in managing symptoms and stress.
- The Veterans Crisis Line is available 24/7, all year long. The Veterans Crisis Line connects Veterans, their families, caregivers, survivors and friends in crisis with qualified, caring VA responders through a confidential toll-free hotline. Just dial 988 and Press 1, chat online, or send a text message to 838255.

Create a safety plan

Veterans who are at risk of suicide should work with a loved one, trusted adviser, clinician, VA Suicide Prevention Coordinator, or other mental health professional to create a safety plan—a list of steps to follow in case of an emergency. Encourage them to share their safety plans, so you can support them and know what to do during a crisis.

- This template will help develop an effective safety plan before or during a suicidal crisis. You can also contact a safety plan coordinator for help.
- VA's Resource Locator will help you connect with local treatment centers, VA Suicide Prevention Coordinators and customized support programs.

Check in with the Veterans in your life and encourage them to reach out if they need help. The Veterans Crisis Line is available 24/7.

To learn more, visit news.va.gov.

TALK TO US

Bryan Schmidt
*Health & Wellness
Coordinator*
bschmidt@dva.in.gov
317.232.3910



INDIANA DEPARTMENT OF VETERANS AFFAIRS 2023 SALUTE TO VETERANS



10TH ANNUAL CHARITY GOLF OUTING MAY 12, 2023

- BEAT THE PRO CONTEST
- RAFFLE PRIZES
- BOXED LUNCH
- FREE FOURSOME FOR 1ST & 2ND PLACE TEAMS
- HORS D'OEUVRES & COCKTAILS



BROOKSHIRE
GOLF COURSE
CITY OF CARMEL



ECHO
HOUSING

REGISTER NOW

To become a sponsor send request to:
Sosborne@dva.in.gov

LOCATE YOUR COUNTY VETERAN SERVICE OFFICE

CVSO SPOTLIGHT

Joe Wasson ALLEN COUNTY

This Veteran Service office offers assistance in the following:

- Obtaining your DD-214 military discharge
- Discharge Review
- Filing claims for service connected or non-service connected disabilities
- Education benefits
- Low Income Wartime Pension Benefits
- Survivor Benefits
- VA Medical Care
- VA Home Loans
- G.I. Bill Benefits
- Vocational Rehabilitation
- Burial Benefits
- Property Tax Abatement
- Tuition and Fee Exemption for Children of Disabled Veterans
- Motor Vehicle License Plates
- Peddlers, Vendors License
- Resident Veteran Hunting & Fishing License
- Golden Hoosier Passport



LEARN MORE

1 East Main Street, Room 106
Fort Wayne, IN 46802

Phone: (260) 449-7861

Office Hours: Monday - Friday
8 a.m. - 4:30 p.m.

joe.wasson@co.allen.in.us

#14 GVS Spotlight On YMCA of Greater Indianapolis



The YMCA of Greater Indianapolis is proud to serve and offer programming for the over 120,000 veterans and military service members in Central Indiana. Our vision is to be a leader of veteran wellness and provide opportunities for veterans and military service members to connect and engage with each other and their communities. Additionally, our easily accessible facilities at the YMCA serve as a safe place for veterans and military service members to feel welcome and part of a larger community.

Through community based partnerships and programs, the YMCA works hard to provide services that meet the needs and interests of all veterans and military service members. The OrthoIndy Foundation YMCA, which opened in 2018, is the first YMCA in the country to feature a VA Health Clinic inside the facility, providing veterans with access to crucial physical and mental health resources. Additionally, in 2021, the Benjamin Harrison YMCA was able to offer 30 free memberships to local veterans experiencing homelessness due to a generous donation from Old National Bank.



CONTACT US
Association Office
6610 N. Shadeland Ave.
Indianapolis, IN 46220
Phone: (317) 266-9622

- All YMCA of Greater Indianapolis locations offer a 20% subsidy off regular Association-wide membership rates for veterans, military service members and their families who do not otherwise qualify for a Y membership through DOD Military Outreach Initiative / Title 10 (outlined below). For this 20% subsidy, proof of service is required, and therefore military memberships cannot be completed online. Please stop by or contact your local YMCA so we may assist you with your membership. (Please note: This subsidy is not available on already subsidized single location rates.)
- Title 10 Personnel: In partnership with the Armed Services YMCA and the Department of Defense, the Y is proud to offer memberships and respite child care services to eligible military families and personnel to give them extra support during this difficult period. It's our way of giving back to those who dedicate themselves to serving our country.



April Calendar

15-16: Indianapolis Gun & Knife Show Saturday, 9 a.m. to 5 p.m.; Sunday 9 a.m. to 3 p.m. at the National Guard Armory 3912 West Minnesota Street, Indianapolis, 46241.

17: PACT Act Toxic Exposure event, 11 a.m. to 2 p.m. at the American Legion Post 18 1800 West 3rd Street, Bloomington, 47404.

26: Veteran Days Clark County Family event, 11 a.m. to 2 p.m. at Kentucky-Indiana Paralyzed Veterans of America 2835 Holmans Lane, Jeffersonville, 47130.

27: Veteran and Family Resource Fair, 10 a.m. to 2 p.m. at the Career Resource Center 260 School House Lane, Nashville, 47448.

SUBMIT A VETERAN EVENT!

Tell us about your event to support, serve, and advocate for the veteran community in your area! We want to know about events happening all across our great state. Visit our site and let us know to add it to our website calendar!

Apply Today for a 2023 HIRE Vets Medallion Award!

Did you know that employers of all sizes can receive an award from the U.S. Department of Labor for their efforts to recruit, employ and retain America's veterans?

The 2023 HIRE Vets Medallion Award Program is now accepting applications! Learn more and apply online at HIREVets.gov.

- The award highlights companies and organizations committed to hiring and retaining America's veterans in good, family-sustaining careers
- The HIRE Vets Medallion Award is the only federal-level veterans' employment award that recognizes employers
- The application **deadline** is **April 30, 2023**
- Award recipients will receive a certificate and digital images of the medallion for use as part of their marketing and promotional activities

For more information, visit HIREVets.gov.



Free tax services made for the MilLife.

When it's time to tackle your taxes, turn to **MilTax** for free e-filing software and personalized consultant support.

Made for the Military

Tax prep and e-filing software from MilTax is built to address scenarios like deployments, combat pay, multiple moves and more to help you account for the credits and benefits you've earned.

Your Taxes on Your Time

Prep and e-file anytime, from anywhere, at your pace. Save your progress and come back when you have time. If you have questions along the way, we're on call to help.

Expert Help at Hand

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MilTax is 100% free from the Department of Defense. There are no fees for any service member at any point in the filing process. Plus, software calculations are backed by the provider's 100% accuracy and maximum refund guarantee.

Eligible service members and families can access MilTax anytime.
Go to MilitaryOneSource.mil and search "MilTax" to begin.



MilTax is a benefit provided by the Department of Defense exclusively for eligible service members and family members through Military OneSource.

Veteran Events for All 2022



RHI | R
SPORTS PROGRAM

ARCHERY CLINICS

for people with physical disabilities
Highsmith Guns

SATURDAYS 10 - 11:00 AM
APRIL 1, JUNE 3, AUG. 5, OCT. 7, & DEC. 2

COST: \$12

MOVE UNITED MEMBER [HTTPS://2023RHISPARCHERY.EVENTBRITE.COM](https://2023RHISPARCHERY.EVENTBRITE.COM)

RHI | R
SPORTS PROGRAM

PUNCH FOR VETERANS BOXING CLINICS

For disabled veterans or civilians with a disability

Saturdays
9:00 AM - 10:00 AM

Fitness Clinic of Indy
2160 W 86th St., Suite 101
Indianapolis, IN 46260

\$5 Per class
FREE for disabled veterans

SCAN HERE TO REGISTER OR FOR MORE INFO

<https://punchforveterans23.eventbrite.com>

fitness clinic LEARN TO MOVE. MOVE TO LIVE

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Journaling & Creativity Workshops
to Inspire Guided Action

He said. She said. They said.

with Meghan Barich

He said. She said. They said. - Veteran Writing Workshop

This workshop focuses on using dialogue to enhance characters and move narratives forward

Join us for our next installment of Journaling & Creativity Workshops to Inspire Guided Action.

In this two-hour workshop, we will craft dialogues that express nuance, personality, emotions, and that move a story forward with meaning. Through written dialogue, participants will gain understanding of the conversations they have with themselves and others.

Your facilitator is Meghan Barich. Megan is most passionate about helping folks reclaim their highest self—the part of you who embraces curiosity, play, and creativity to be conscious to the decision they make. She helps folks build a new toolkit to stop people pleasing and start choosing and creating their own joy and satisfaction. Meghan is a Journal to the Self® certified instructor and is studying to be a Certified Journal Facilitator through the Therapeutic Writing Institute. She is a certified creativity coach and knows first-hand how a daily art and personal expression practice lowers stress and deepens connection to self and to others.

Workshop is for veterans only. [Learn More Here.](#)

Veterans Helping Veterans

FREE VETERANS FOOD PANTRY

4th Tuesday of Each Month
From 0900 to 1200

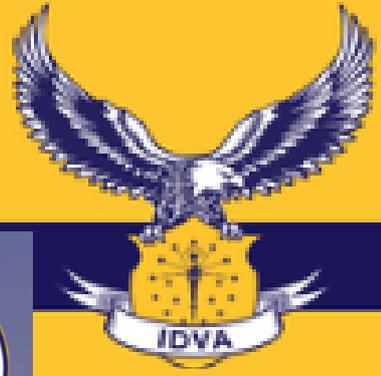
At the Richmond Community Based Outpatient Clinic (CBOC)

For Questions Please Call (765) 983-2183

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HELPING VETERANS AND THEIR FAMILIES

ROLL CALL!



Indiana Veterans Memorial Cemetery
MEMORIAL DAY 2023



May 29 at 1 P.M.

Indiana Veterans Memorial Cemetery
1415 North Gate Rd., Madison, IN 47250

Open to the Public

*This event is outdoors, rain or shine

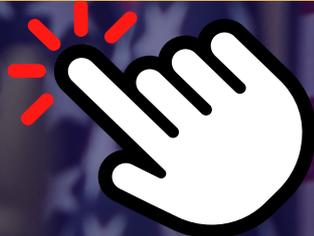
"A hero is someone who has given
his or her life for something bigger
than oneself." - Joseph Campbell

An illustration of two tan combat boots with laces, with a small American flag on top of the right boot.

Visit our website for more about the cemetery.

INDIANA VETERANS HOME NEWS

2023 New admissions application packet now available here!



Check out IVH's Facebook for more photos and videos!



LETS CONNECT *Socially*

IDVA Events Calendar: [Click Here](#)



★★★★ TEXT ★★★★★

VET

TO 55433

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